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WINNIPEG'S
JONATHAN TOEWS
GOES TOE-TO-TOE
WITH NHL'S BEST
IN OHIO. **PAGE 17**



RED RIVER COLLEGE

**Open
House**
rrc.ca/openhouse

Tuesday,

February 17, 2015

12pm - 3pm | 5pm - 8pm

Wednesday,

February 18, 2015

9am - 2pm

OUR GRADS GET HIRED



CHEERS TO 10 YEARS

Owner Erick Casselman stands in front of the Park Theatre, which he bought as a run-down cinema and turned into one of Winnipeg's most popular cultural hot spots. The theatre is now celebrating 10 years of renewal. Story, page 3. ELISHA DACEY/METRO

Shelter paws
for new digs

Craig Street Cats.

Landlord not renewing
lease; staff must move
shelter by end of April

ELISHA
DACEYelisha.dacey@metronews.ca

A local animal shelter is in sudden need of a new home after its landlord decided not to renew its lease.

Craig Street Cats posted on Facebook on Saturday night that they need to move by the end of April.

"Our current lease expires on April 30, and, although we have been good tenants, the landlord has declined to renew our lease," reads the posting. "This means that we must find an appropriate space almost immediately so that we can move the cats by the end of April."

The shelter's needs are specific. They need at least 3,000 square feet of space, although they say 10,000 would

be better. They also need air conditioning, windows, a parking lot and a central location — all for under \$3,000 a month.

"Of course, once we find this space we will have to renovate it for the cats," the posting continues. "We will need offices and retail space, storage, an isolation room for sick cats, an intake room and free-range rooms for healthy, adoptable cats and kittens. A meeting or classroom would be nice, too."

"All of that will take money and man power."

The non-profit already had a rough start to the winter after a months-long construction project restricting access to its property left it struggling to keep afloat. Executive director Lynne Scott had to reach out to media to ask the public to help keep them running.

The no-kill shelter and feral-cat management program is raising funds for the move from their current location on Madison Street.

More information can be found at www.craigstcats.ca/building-fund.html.



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Weather

Low flood risk for Red River Basin: Report

Thanks to lower-than-usual snowfall, the threat of spring flooding in the Red River Basin is "currently quite low," said the U.S. National Weather Service (NWS) in a statement.

The weather forecast office in Grand Forks, N.D., released its latest outlook for spring flooding Friday, saying lower-than-average snowfall, river flows and soil moisture have all contributed to the good news — so far.

However, while the first half of the season has been generally mild for the area, the rest of the winter is expected to go back to seasonal normals, said the NWS report. Also, the frost depth in the soil is near normal at about a metre, thanks to a cold snap in late December.

"Long story short: winter is not yet over, and a heavy snowfall or spring rain are still possible," the NWS reported.

Generally, a positive outlook for Manitoba's stateside neighbour means a positive outlook for southern Manitoba, as the Red River flows upward from North Dakota through the Red River Valley.

However, this is not always the case, as localized flooding can happen due to changing weather patterns and ice dams.

"River and lake ice reports are spotty at this point, but the few reports received indicate that 2-3 foot ice thicknesses are common on both lakes and rivers in northwest Minnesota and eastern North Dakota," said the NWS report. **METRO**



Erick Casselman pours a beer on tap inside the newly renovated lobby at the Park Theatre. ELISHA DACEY/METRO

Park Theatre still a legacy in progress

Community hub.

Event space has been evolving constantly since Erick Casselman bought it 10 years ago



ELISHA DACEY
elisha.dacey@metronews.ca

When Erick Casselman bought the space that would become the Park Theatre 10 years ago on Jan. 20, he hoped to turn the old theatre into something vibrant

for the surrounding community.

He succeeded.

"We did just slightly over 300 events last year, and we should hit close to that this year," said Casselman.

The old movie theatre was a neglected relic when he and his former wife bought the place. The pair spent months on renovations, turning it into a DVD rental store and coffee shop.

"It's always been a slow transition to where it is now," said Casselman, "going from the DVD rentals and coffee shop and slowly

opening up the stage, doing the second-run, third-run movies."

But as DVD rentals waned, Casselman decided to push local shows.

Now the place is a venue for almost any kind of event. Theatre, concerts, film premieres, stand-up comedy and even weddings are regularly held in the space.

"We really invested a lot of time and effort into making the live music a focal point.... We've tried to really make it into a multi-faceted venue that can accommodate anything."

To that end, Casselman has just finished another round of renovations, updating the front lobby to a sophisticated hang-out space that serves alcohol as well as food from a restaurant next door.

Now constantly busy, Casselman said he hopes the next 10 years will continue to be as successful for the privately owned company.

"Honestly, I want this to be a legacy, something I can pass down to my son."

The theatre will hold its 10-year anniversary party on Oct. 1.

Bipole 3. Cree community sets up highway blockades

Members of a western Manitoba aboriginal community have set up blockades to stop work on the Bipole 3 hydroelectric line.

The Sapotaweyak Cree Nation set up two blockades Saturday along Highway 10 to prevent access for workers who are clear-cutting trees near the community.

The line's route calls for it to pass through some of the community's traditional land north of Swan River that is used for hunting and trapping.

Chief Nelson Genaille says RCMP spoke briefly with him and allowed the peaceful protest to continue.

A judge earlier this month denied the First Nation's request for an injunction to stop construction until it said the province properly consulted with the community.

Bipole 3 is a key part of a multibillion-dollar plan to build new hydro dams in northern Manitoba and bring power south to homes and businesses. **CJSB/THE CANADIAN PRESS**

Rescued cougar needs a name

An orphaned cougar cub that the Assiniboine Park Zoo took in last month is now on display — and ready to have Winnipeg name her.

Zoo officials said Friday that the female cub came to them in December from the Calgary Wildlife Rehabilitation Society after she was found to be struggling to survive in the wild. The four-month-old cub has been "thriving" since arriving at the zoo, gaining weight and showing excellent health.

"We're very pleased to have her on exhibit on a temporary basis so our visitors

have a chance to meet her," said Dr. Brian Joseph, director of zoological operations at the Assiniboine Park Zoo.

"However, we are looking for a home for her at another zoo where she would hopefully be able to participate in the Species Survival Program and help educate people on the cougar species."

She's located in her own temporary exhibit space at the north end of the zoo, next to the snow leopard enclosure.

As for the naming, the zoo said it will be done in two phases: first they ask com-

munity members to suggest names via their Facebook page. A shortlist based on these names will be created, and then the public will vote for their favourite.

BERNICE PONTANILLA/METRO



Assiniboine Park Zoo's cougar cub. COURTESY ASSINIBOINE PARK ZOO



Health workers load a suspected Ebola patient into the back of an ambulance in Freetown, Sierra Leone, in September. MICHAEL DUFF/THE ASSOCIATED PRESS FILE

Efficacy of Ebola trials in question

Liberia. Tests of three treatments, including one made in Winnipeg, may be hard to analyze

Clinical trials designed to test whether two Ebola vaccines, including one developed in Winnipeg, and the Ebola therapy ZMapp actually work will begin within the next two to three weeks, say officials.

But falling case counts in the three stricken West African countries are forcing some modification of the vaccine trial designs — and potentially lowering expectations of what they will be able to achieve, the officials acknowledged.

The largest of the planned vaccine trials — expected to begin within the next two weeks in Liberia — may be expanded into Sierra Leone, said Dr. Anthony Fauci, director of the U.S. National Institute of Allergy and Infectious Diseases.

Fauci said the change would have to be approved by the governments of Liberia and Sierra Leone but said representatives of the two countries proposed the idea at a recent planning meeting.

With the marked decline in new cases, it could take between nine and 12 months to run the trial, Fauci said. And he acknowledged there is a possibility it will not show whether one or both Ebola vaccines actually work.

Up for testing

The Liberian trial will test the two most advanced Ebola vaccines: one made by British pharma giant GSK, the other by NewLink Genetics and Merck — created in Winnipeg at Canada's National Microbiology Laboratory.

Healthy volunteers will be randomly assigned to receive one of the vaccines or a placebo injection.

But if Ebola transmission in Liberia sinks to very low levels, it may be impossible to tell if the vaccines work. If no one is getting sick, there is no proof the vaccines are protective. **THE CANADIAN PRESS**

Sources shed light on first homicide of 2015

Friends and family have identified the first homicide victim of 2015 as Dustin Craig McKay, 22.

Winnipeg police say they were called to the scene at 11:20 p.m. at Isabel Street and Pacific Avenue on Friday night.

A source with knowledge of the incident tells Metro the man was attacked in the parking lot of a gas station. McKay was beaten unconscious before being dragged to the street, where he may have been hit by a vehicle, the source said. A man then took off in a van, driven by a woman.

Police have not confirmed the identity of the man nor the circumstances surrounding his death. They did say he was found in critical condition



Dustin Craig McKay, 22, is Winnipeg's first homicide victim of 2015, according to friends and family. FACEBOOK

and taken to hospital, where he died.

McKay's brother Kyle said on social media that he can't

believe his brother is gone.

"I wish this was a dream," he said. "I just wanna hold my mom." **METRO**

LET'S BANISH STIGMA AND THINK S.T.I.G.M.A.



WHAT'S GOOD
Ace Burpee
winnipeg@metronews.ca

This Wednesday is #Bell-LetsTalkDay, a day dedicated to raising both awareness of mental illness and funds to support mental-health programs.

You will hear and read the word "stigma" countless times. A stigma is a negative stereotype and one of the greatest barriers to a complete and satisfying life for those with a mental illness.

So in advance of Let's Talk, let's break down stigma, the

word, and use it for good.

S: Smile. For those fighting the battle right now, find something, someone, anything, that can make you smile. Sometimes it seems impossible, but it's out there. For those who are fine, smile at people — or more importantly, be kind. You never know what someone is going through.

T: Talk. There are people who understand and will be happy to help.

I: Imagine. Imagine how great life is going to be when you beat this, because you will.

G: Get help, and know that there is zero shame in asking for it.

M: Move. Literally, move.

Sometimes you can't get outside of your own head and you lie there with your mind racing to dark places. Don't underestimate for a second the value of activity, movement and exercise on your mental health. It does wonders.

A: Accept. Fewer than half of all Canadians say they would socialize with someone who has a serious mental illness. This won't do. Be accepting of all.

True north strong and stigma-free.

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METRO IS ADDING SOME 'HUSTLE' TO ITS SPORTS
Local sports voice you trust in the paper you love



Metro Winnipeg welcomes TSN 1290's Andrew 'Hustler' Paterson to its sports writing team.

Look for his new weekly feature 'View from the 300's' exclusively in Metro News!

Every Thursday beginning February 5th!

Social media. Terror acts reveal online hate speech

The recent terror attacks in Paris have unleashed a barrage of anti-Muslim and anti-immigrant comments on the Facebook pages of federal politicians and their parties in Canada — much of it plainly visible to the public.

Managing racist, sexist, homophobic and harassing material is just one of the new challenges facing parties who want to have an active social media presence, grounded in the concept of free speech and open dialogue.

A Jan. 7 post on Stephen Harper's Facebook account, in which the prime minister said he was "horrified by the barbaric attacks in France," received approximately 575 comments. Some six dozen — expressing support for blocking immigration from Islamic countries, closing Canada's borders or just criticizing Islam — were still on the page two weeks later.

"Time to step down on all Islamic communities worldwide," wrote one visitor to the page.

Said another, "All Muslims should go home and never be let back here please Mr. Harper make that happen they steal real people's jobs that belong to us Canadians."

A Jan. 14 Conservative Party of Canada Facebook post entitled Protecting Canadians from Barbaric Cultural Practices — aimed at promoting the government's legislation barring forced or child marriages — elicited similar sentiments.

Paula Todd, digital media professor and author of Extreme Mean: Trolls, Bullies and Predators Online, said some offensive speech should be left online so that it can be exposed and critiqued by others.

"We're discovering the effects of putting all this horrible stuff online," said Todd.

"One of the effects is that because it's 24 hours a day, because it flies around the world in seconds, and because it's permanent, these kinds of hate attacks can be more damaging than just the face to face." **THE CANADIAN PRESS**

Business. Edmonton pair launch glitter revenge site

Canadians looking to get some revenge via glitter now have a homegrown solution.

Edmonton-based Josh Singer and his wife, Jessica, have launched SparklyRevenge.ca, and for \$9.99, they'll mail the target of your choice an envelope full of glitter that's guaranteed to "get everywhere."

"You open it and it'll fall on your desk, but by next week it'll be all over your chair," Singer said. "Heck, it's all over my dog right now."

Singer got the idea from Ship Your Enemies Glitter, an Australian site that became an international sensation after launching earlier this month. Demand for so-called "glitter bombs" actually crashed the website, prompting its 22-year-old owner to call it quits.



Jessica and Josh Singer
CONTRIBUTED

"People need a way to feel vindicated, and we're offering an outlet for that," he said.

That said, while some of Singer's customers are out for revenge, most want a laugh.

"People are mailing it to friends and family. One person even sent one with a note that said, 'Hi, mom.'"

LUKE SIMCOE/METRO IN TORONTO

ing in the right direction economically.

The Senate expenses scandal and the government's treatment of armed forces veterans will no doubt continue to be fodder for opposition outrage and government discomfort.

With an election on the horizon within nine months, opposition MPs are expected to train their sites primarily on the uncertain economy — the one issue most likely to move votes. **THE CANADIAN PRESS**

Duty draws Auschwitz survivor back to Poland

Holocaust. Miriam Friedman Ziegler says she was 'lucky enough to live' and wants the 'world to know' about what she endured

On a cold January day in 1945, nine-year-old Miriam Friedman Ziegler watched as Red Army soldiers approached Auschwitz. An army photographer captured the historic moment: 13 wide-eyed children — Friedman Ziegler among them — staring out through the fence.

The thought of freedom was a scary notion for the Jewish girl who'd spent a year in Auschwitz separated from the rest of her family.

"What's going to happen to me now?" she recalls thinking at the time. "I have nobody."

She would later reunite with her mother, but her father never made it out of the infamous Nazi camp alive.

Auschwitz has become a symbol of the horrors of the Holocaust, in which six million Jews were systematically killed.

Friedman Ziegler, who lives in Thornhill, Ont., is among about 100 survivors who are returning to Poland this week to commemorate the 70th anniversary of the liberation of Auschwitz.

"I swore I would never go back to Poland, but I feel it's my duty now to do it," Friedman Ziegler said during a recent Canadian Press interview.

On Monday, she will reunite for the first time with four of the girls — now women in their 70s and 80s — featured in the iconic photo. A new photo will capture the moment. This



Miriam Friedman Ziegler, 79, an Auschwitz holocaust survivor, shows her tattoo identification number as she tells her story at her home in Ontario on Jan. 19, 2015. Friedman Ziegler, who has rarely spoken about her time at the camp, will join 100 other survivors in Poland to mark 70 years since their liberation. **NATHAN DENETTE/THE CANADIAN PRESS**

time, in the comfort of a hotel in Krakow, Poland.

Friedman Ziegler's journey began in 1940 in Radom, Poland, where her father ran a couple of stores.

Life was idyllic, she said, until one day the Nazi tanks rolled into town. Her mother took off with Friedman Ziegler to her grandparents' house in a nearby town via horse and buggy. But the man driving the buggy tossed them en route, fearing for his life.

They eventually reached her grandparents, well ahead of the Nazi's eventual arrival.

However, when she turned eight, the Nazis caught them and loaded her and her parents in cattle cars and shipped them to Auschwitz.

The children were separated from the adults and placed in the adjacent Birkenau death camp, where Friedman Ziegler

found some of her cousins, and others who would become lifelong friends.

One day the Nazis abandoned the camp temporarily and the children, including Friedman Ziegler, snuck off to Auschwitz where they raided the barracks for food and clothing and then returned to camp.

When the Nazis returned they asked anyone who wanted to walk to freedom to line up. They shot everyone in line.

Auschwitz was liberated on Jan. 27, 1945.

After Auschwitz, Friedman Ziegler spent time in various hospitals and orphanages in eastern Europe. Eventually, she came to Canada as part of a group of 1,000 child refugees.

She lived for a while in Hamilton with relatives — memories of death and suffering still fresh in her mind.

Two years later her mother

came to Canada and the pair settled in Toronto. She eventually met her husband — also a Holocaust survivor — on a blind date. The couple has three children.

"I had a very, very good life," she said. "I never dreamt that I would live in such a beautiful place."

She has rarely spoken about what happened during the Holocaust, even to her family.

"I'm hearing some of these horrible stories for the first time," said her daughter, Adrienne Shulman, who is accompanying her mother to Poland.

The interviews and media attention has worn down Friedman Ziegler. She's emotional and ready to move on, but believes it is her duty to talk.

"I was lucky enough to live," she said. "I want the world to know." **THE CANADIAN PRESS**

Facebook 'like' not always literal 'like': Experts

A "like" shouldn't always be taken literally, say tech experts, who are closely watching the case of 13 Dalhousie University students suspended for their actions on Facebook.

The case is interesting for many reasons, including the fact that it exposes how users often don't appreciate that nothing is truly private online, said Aimee Morrison, an associate chairwoman in the English department at the University of Waterloo.

"We're in this moment with social media where people haven't quite modulated their

behaviour in what is actually a pretty public space," said Morrison, who studies digital issues.

The 13 fourth-year dentistry students belonged to a school-related private Facebook group, which was set up when they met each other in 2011.

One of the students, Ryan Millet, has gone public to protest his suspension, claiming that he helped expose offensive posts in the group, including misogynistic comments about some female classmates.

Lawyer Bruce MacIntosh suggested at a recent news conference that his client, a father

of three, didn't interact much with his fellow students outside of class and used the group to stay in touch.

"He also described what the Facebook group started out being and continued to be: they exchanged thoughts about dental things," MacIntosh said, adding that only a small percentage of the thousands of posts to the group over the years were offensive in nature.

Young people especially often place a very high value on having their photos and comments Liked and know their friends also crave that

validation, said Matthew Johnson, director of education for the non-profit organization MediaSmarts, which researches how kids and teens are growing up in today's digital age.

"Likes" are strongly taken as a measure of popularity. There's often a lot of stress, for instance, when a photo is posted, over how many 'likes' it will receive," Johnson said.

"But young people do have to understand that when they're 'liking' something negative they are adding their own voice; they're essentially joining in." **THE CANADIAN PRESS**

Federal politics

Parliament to resume Monday

Prime Minister Stephen Harper is trying to set the tone for Monday's resumption of Parliament by vowing his government will focus on jobs and economic security.

He told Conservative party supporters in a campaign-style speech in Ottawa today that despite global economic uncertainty, Canada is mov-

Anti-bailout party's win in Greece threatens to renew market turmoil

Syriza. Party won on promises to renegotiate bailout deal and reverse austerity measures

A radical left-wing party vowing to end Greece's painful austerity program won a historic victory in Sunday's parliamentary elections, setting the stage for a showdown with the country's international creditors that could shake the eurozone.

Alexis Tsipras, leader of the communist-rooted Syriza party, immediately promised to end the "five years of humiliation and pain" that Greece has endured since an international bailout saved it from bankruptcy in 2010.

With 80 per cent of polling stations counted, Syriza had 36 per cent versus 28 per cent for Prime Minister Antonis Samaras' conservatives.

It remained to be seen whether Syriza had enough seats to govern outright or would have to seek support from other parties. That might

not become clear until Monday morning or even later, when all the votes are counted.

If Tsipras, 40, can put together a government, he will be Greece's youngest prime minister in 150 years.

The prospect of an anti-bailout government coming to power in Greece has sent jitters through the financial world, reviving fears of a Greek bankruptcy that could reverberate across the eurozone.

"The sovereign Greek people today have given a clear, strong, indisputable mandate. Greece has turned a page. Greece is leaving behind the destructive austerity, fear and authoritarianism. It is leaving behind five years of humiliation and pain," Tsipras told a crowd of flag-waving supporters.

He won on promises to demand debt forgiveness and renegotiate the terms of Greece's 240-billion-euro (\$335 billion Canadian) bailout, which has kept the debt-ridden country afloat since mid-2010.

To qualify for the cash, Greece has had to impose deep and bitterly resented cuts in



Alexis Tsipras, leader of the left-wing party Syriza, speaks to his supporters Sunday outside Athens University headquarters. A triumphant Tsipras told Greeks that his party's win in Sunday's early general election means an end to austerity measures. PETROS GIANNAKOURIS/THE ASSOCIATED PRESS

public spending, wages and pensions, along with public-sector layoffs and repeated tax increases. Its progress in reforms is reviewed by inspectors from the International Monetary Fund, European Commission and European Central Bank, collectively known as the troika, before

each installment of bailout funds can be released.

Tsipras pronounced the troika and its regular debt inspections "a thing of the past."

"The verdict of the Greek people ends, beyond any doubt, the vicious circle of austerity in our country," he said.

Greece's creditors insist the

country must abide by previous commitments to continue receiving support.

The centrist Potami party was battling for third place with the Nazi-inspired Golden Dawn, whose leader and several lawmakers campaigned from prison, where they are awaiting trial on charges of

Debt

Austerity at an end?

Syriza's anti-bailout rhetoric appealed to many in a country that, in the past five years, has seen a quarter of its economy wiped out, unemployment above 25 per cent and average income losses of at least 30 per cent. But the win has renewed doubts over Greece's ability to emerge from the crisis and generated fears that the country's finances could shock global markets and undermine the euro.

THE ASSOCIATED PRESS

participating in a criminal organization.

If Syriza falls shy of the 151 seats necessary to form a government on its own in the 300-seat parliament, it will have to seek support from other parties — either in a minority government or as part of a coalition. THE ASSOCIATED PRESS

Images of slain Egypt protester revive focus on police violence



Egyptians march Sunday in Alexandria, Egypt, during the funeral procession of Shaimaa el-Sabagh, who was shot Saturday in downtown Cairo while taking part in a gathering commemorating the nearly 900 protesters killed in the revolution. HEBA KHAMIS/THE ASSOCIATED PRESS

Images of a mortally wounded protester, blood running down her face and hair as she was lifted from the pavement by a comrade, have touched off powerful criticism of Egypt's government on the anniversary of a revolution initially sparked by police brutality.

The photos and videos show a heavily armed police unit, with some members masked, shooting at a small, peaceful protest Saturday near Cairo's Tahrir Square in which 32-year-old Shaimaa el-Sabagh took part.

A labour-rights activist with a history of involvement in protests that predated the country's 2011 revolution, el-Sabagh was also a poet and mother of a five-year-old boy.

She had travelled to Cairo from her home in Alexandria to attend the demonstration to demand police and officials be held accountable for protesters killed since the uprising four years ago that forced autocrat Hosni Mubarak from power.

She was killed by what authorities said was a blast of birdshot that pierced her heart and lungs from close range.

"I won't listen to anyone who undermines my resolve," she wrote on her Facebook page Saturday before taking part in the protest, saying she wouldn't pay attention to those who think there is no point in protesting anymore.

Mahienour el-Masry, an activist and friend of el-Sabagh's, described her as a firm believer in change who used to take her son along with her.

Her death renewed criticism of police use of force and the government's insistence that its crackdown is reserved for terrorists and

violent protesters.

A new page has already appeared on Facebook in her memory.

Security officials have sought to distance themselves from her death, saying that they only used tear gas against the protest and that violent elements infiltrate rallies to "drive a wedge" between the people and the police.

During scattered small protests on Sunday, at least 13 protesters were killed in clashes in which police said they were attacked.

THE ASSOCIATED PRESS

ISIL

Japan stunned after video shows hostage killed

From the prime minister to ordinary people, Japanese were shocked Sunday at a video purportedly showing one of two Japanese hostages of the Islamic State of Iraq and the Levant (ISIL) group had been killed.

With attention focused on efforts to save the other hostage, some criticized Prime Minister Shinzo Abe's drive for a more assertive Japan as being responsible. Abe appeared on public broadcaster NHK early Sunday demanding the release of 47-year-old journalist Kenji Goto. He also offered condolences to the family and friends of Haruna Yukawa, a 42-year-old adventurer taken hostage in Syria last year. THE ASSOCIATED PRESS

Militant attack

Pakistan in the dark after blackout

A massive blackout struck Pakistan on Sunday, leaving as much as 80 per cent of the country without electricity. A militant attack on a transmission tower caused the blackout, said Zafaryab Khan, a spokesman for the Ministry of Water and Power. THE ASSOCIATED PRESS

Alps

Bodies of French skiers found

France's interior ministry says the bodies of six French skiers have been found a day after they were swept away by an avalanche in the French Alps. Mountain rescuers, including 18 searchers, two dog handlers and a helicopter, began searching Saturday. THE ASSOCIATED PRESS

Vatican

Balloons used as peace symbol

Balloons, not doves, were released as a gesture of peace Sunday in St. Peter's Square, a year after an attack by a seagull and a crow on the birds sparked protests by animal-protection groups.

For years, children, flanking the pope at a window of the papal studio over-



Balloons fly at St. Peter's Square. THE ASSOCIATED PRESS

looking the square, set free a pair of doves on the last Sunday in January.

THE ASSOCIATED PRESS

VOICES

WHITE PRIVILEGE & RACISM

After Maclean's dubbed our city the most racist in Canada, Shannon VanRaes was hesitant to comment. But a random encounter made her see things differently:



INSIDE THE PERIMETER
Shannon VanRaes

This is a column I almost didn't write.

Last week, Winnipeggers awoke to find their prairie metropolis had earned a new title, courtesy of Maclean's magazine — most racist city in Canada.

In a feature article, former Winnipegger Nancy Macdonald laid bare the entrenched racism against indigenous people that permeates our city. Racism with real and tragic consequences, from shoddy medical treatment to street harassment and — for those like Tina Fontaine and Brian Sinclair — death.

Mayor Brian Bowman responded admirably, meeting the charge head-on. Rather than downplaying or deflecting the claim, the mayor held a press conference, suppressing tears as he said,

"We do have racism in Winnipeg.... You can't run away from facts."

And he wasn't alone. Winnipeg's first Métis mayor was not flanked but rather surrounded by prominent indigenous leaders who spoke eloquently and passionately about race and racism in our city.

Reading the appalling accounts of racism experienced by indigenous people and listening to speakers as smoke from a smudging ceremony drifted past, I questioned whether it was really right for me to comment on the situation. As a white, Canadian-born, non-aboriginal person, I've been very privileged. I will never know what it's like to be called squaw on the street or written off as a drunk during a medical emergency. I can be as sympathetic as I possibly can, I can educate myself, but I will never truly know.

Leaving city hall, I thought to myself, there's nothing I can add. History is full of well-mean-

ing and not-so-well-meaning white people who purposely or inadvertently usurped the voices of others.

But a few days later, I found myself in unremarkable circumstances that changed my mind. Waiting for service in a home-security store, I struck up a conversation with another customer, asking what brought him there.

"There are a lot of Indians where I live," he said.

Somehow, following the events of last week, his audacity was more shocking than anything else. That he would look at me, see another non-aboriginal person and assume I shared his beliefs, his prejudices, spoke volumes about how very far Winnipeg has to go and how normalized racism has become.

The sad truth is that this isn't a rare event. That one non-indigenous person might lean toward another and begin a sentence with, "I'm

not racist, but" and that out of politeness, fear or ignorance, that view is not challenged, is a daily occurrence in this city.

So after a brief pause, I challenged him on it. Flustered, I asked what he meant, to which he responded by saying, "You know," and then expounding on his warped view of aboriginal history.

I said that I didn't know. I didn't agree. I went so far as to attempt to explain some key aspects of history. Suffice to say I didn't get very far, but I tried. It was not heroic, it wasn't even one drop of water in the bucket, but it did something.

It left me thinking differently about fighting racism in our city. It reinforced the idea that healing Winnipeg is a task that rests on all our shoulders. And while I can't speak to the experiences of aboriginal people, we all can and must speak out against ignorance, prejudice and hate wherever we encounter it.

Your Winnipeg



Mother Nature hands us a gift

A pair of skaters take to the ice on the Red River Mutual Trail at the Forks. Unseasonably balmy January weather has Winnipeggers enjoying the winter more than they usually do, with temperatures to remain above normal until Thursday, when things will cool off again. We'll take it, Mother Nature. **SHANE GIBSON/METRO**

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Upcoming

Executive council to talk real-estate shenanigans today



The new council probably didn't think it would happen so quickly.

In power for three months, Winnipeg City Council has found itself already embroiled in more real-estate shenanigans after it was revealed there were some questionable goings-on in regards to the construction of a hotel near the RBC Convention Centre, which is currently undergoing a \$180-million expansion. The details are complicated, but it basically comes down to the contractor, Stuart Olson, and downtown development corporation CentreVenture both trying to find someone to develop the site at the same time — and that city administrators apparently knew about it all along. Mayor Brian Bowman summed up the whole mess last week with two words: "Not cool."

Now, council needs to decide what to do about it: do they hold back a contracted \$16 million from Stuart Olson for failing to build the hotel despite CentreVenture's apparent meddling or do they let the contractor pay \$3.75 million to get out of the clause? Convention-centre board member Bob Silver called the choices "bad and worse — pick one."

The executive policy committee is meeting Monday to try to do just that.

ELISHA DACEY/METRO



Fisher-Price looks for more diversity in its child models

Advertising. Toy maker sets up second studio in Buffalo to tap into the city's multicultural feel

Fisher-Price has long eschewed "professional" models for its packaging, instead using the babies and toddlers parents trundle in to the toy maker's headquarters in the quaint western New York village of East Aurora, about 32 kilometres from Buffalo.

The company recently began photographing children in a second studio in Buffalo to better reflect the faces in the 150 countries where its toys are sold.

"Everything that we do for Fisher-Price here goes everywhere, so all over the world, from packaging to websites to advertising," said Fisher-Price marketing executive Teresa Gonzalez Ruiz. "We need to make sure we have Hispanics, African Americans, more Asian population."

"We've always done it. It's just a lot easier here," Gonzalez Ruiz said on a recent morning at the city studio inside a former industrial complex that has been converted for businesses. Fisher-Price plans to use the Buffalo studio for about 25 per cent of its 4,000 annual shoots.

With sunlight streaming through a wall of windows, 21-month-old Noelle Roberts



"Baby wrangler" Melanie Ruskin keeps 21-month-old Noelle Roberts engaged while a photographer records the moment at a Fisher-Price studio in Buffalo, N.Y., earlier this month. The toy maker recently began photographing children in Buffalo to tap into the urban centre's more multicultural feel and better reflect the faces in the 150 countries where Fisher-Price toys are sold. CAROLYN THOMPSON/THE ASSOCIATED PRESS

rolled cars down a winding track as photographer Michael Mandolfo knelt and lay on his stomach and snapped photos. "Baby wrangler" Melanie Ruskin played with Noelle, squealing and clapping to keep her engaged.

"She loves it," the toddler's mother, Nicole Roberts, said after the studio's team of stylists piled her curly hair into a top ponytail and picked out a pair of brightly striped leggings and a sweater for the shoot.

The pictures could end up on a box for the toy track or

in an advertisement.

Noelle, who earned \$50 US for the session, was recruited by Gonzalez Ruiz, who spotted the brown-eyed African-American toddler with her mother inside a Buffalo drug store.

"She said, 'Oh, she's so cute! You have to bring her,'" Roberts said.

Fisher-Price also reaches out to hospital maternity wards, immigrant groups and urban churches in search of a rainbow of newborns to five-year-olds. The company's internal marketers initially saw the need for

more diversity, and it has raised the issue in the company's consciousness, Gonzalez Ruiz said. "We're not looking for specifics," she said. "For us, it's just making sure that we don't leave anyone out of the picture, that everyone feels included."

The city studio is more accessible by public transportation or on foot, saving parents a drive to East Aurora.

"This is perfect," said Nicole Roberts, who lives on Buffalo's west side. "I love the location."

THE ASSOCIATED PRESS

Vancouver. Hundreds attend free coding camp

Squamish Nation member Khelsilem is fluent in his native tongue and passionately spearheading a project to revitalize indigenous languages. But he wants to turbocharge his linguistic proficiency by learning an entirely new and universal language: computer code.

The 25-year-old from North Vancouver plans to preserve and share the Squamish and Downriver Halkomelem languages by acquiring coding skills, which he'll use to construct a website that gives his community's lingual traditions worldwide reach.

"Geography is the biggest challenge we have as indigenous people when it comes to revitalizing languages. There's so many languages in Canada, and it becomes really hard to co-ordinate," he said.

Khelsilem was among two tables of 20 laptop-laden First Nations people adding their beat to the rhythmic key

tapping of 500 British Columbians who gathered over the weekend for a massive computer-coding boot camp.

The humming hive filled a cavernous Vancouver conference space for The HTML500, the premier 2015 event in a four-city caravan teaching the ABCs of web coding.

The idea was to provide free lessons in basic coding languages, including HyperText Markup Language, or HTML, which is a standard code used in websites.

Organizers hope the boot camp prompts a mass movement towards "digital literacy."

The targeted inclusion of First Nations at the event was conceived to increase employability in Canada's aboriginal communities while taking advantage of the fastest-growing population of young people in the country to help fill jobs skill gaps.

THE CANADIAN PRESS



Participants jam into a giant lecture hall in Vancouver on Saturday to learn computer coding skills at HTML500. JONATHAN HAYWARD/THE CANADIAN PRESS

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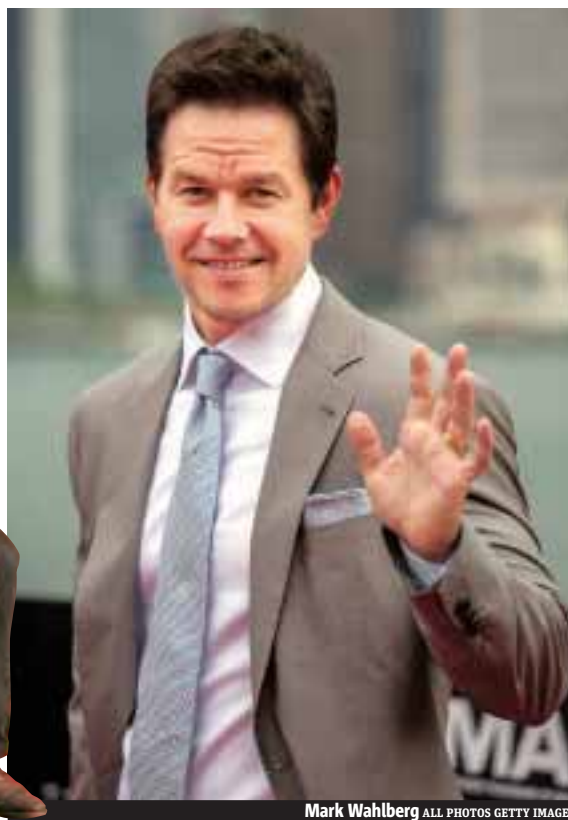
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Gossip

NED EHRBAR

METRO'S TAKE ON
THE WORLD OF
CELEBRITIES

Mark Wahlberg ALL PHOTOS GETTY IMAGES

Once a racist, always a racist
says Wahlberg's former victim

Mark Wahlberg is still seeking an official pardon for his 1988 assault of two Vietnamese men while stealing beer in the Boston area.

But at least one of his former victims — from a separate violent attack — thinks that's a terrible idea.

"I don't think he should

get a pardon," Kristyn Atwood tells the Associated Press.

Atwood was among a group of mostly black elementary school children chased and pelted with rocks by a then-14-year-old Wahlberg and his friends during a 1986 field trip.

"I don't really care who

he is," Atwood says.

"It doesn't make him any exception. If you're a racist, you're always going to be a racist. And for him to want to erase it, I think it's wrong."

Even if it's for a really noble cause like getting a liquor license for his restaurant?

Rodman invites Rogen to visit North Korea

Noted friend of North Korean leader Kim Jong-un and noted crazy-pants

Dennis Rodman is finally — finally! — chiming in on the Sony hack and The Interview, the con-



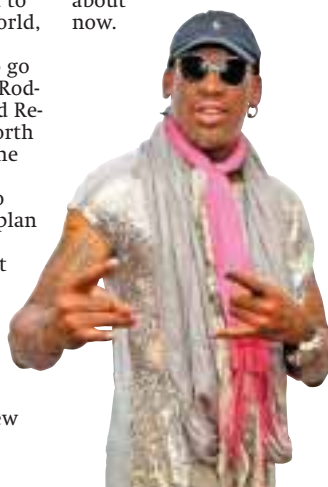
troversial Seth Rogen comedy that supposedly caused it all.

"If the North wanted to hack anything in the world, anything in the world, really, they are going to go hack a movie? Really?" Rodman tells the Hollywood Reporter, insisting that North Korea was not behind the cyber-attack.

The regular visitor to North Korea also has a plan to ease tensions caused by the film — or at least insert himself into the conversation.

"I would ask Seth and all those involved in the movie to go to North Korea with me. And then do an interview

Seth Rogen, left, and Dennis Rodman



with me about the movie."

Somehow, I don't see Rogen going for that right about now.

Marsha, Marsha, Marsha!
Jan gets her own meme as
Brady Bunch hits Netflix

Thanks to the Brady Bunch movies making it onto Netflix, and a generation of Tumblr-happy teens who weren't alive when the films came out discovering them, we have the "Sure, Jan" meme.

And Jennifer Elise Cox, the actress who played Jan Brady in the films, is just fine with that.

"They trolled me, and then I saw it and I absolutely loved it," Cox tells Vulture.

"My husband said to me, 'You've got to be in a meme if you want to be



Jennifer Elise Cox

anywhere.' And then I was like, 'Wow, I feel so lucky that I ended up in one.'"

Sure, Jan.



Mandy Moore



Ryan Adams

Mandy and Ryan still cool,
even as their marriage melts

Dang it, this one seemed like it had staying power.

"Mandy Moore and Ryan Adams have mutually decided to end their marriage of almost six years," report reps for the now-exes. "It is a respectful, amicable parting of ways, and both Mandy and Ryan are asking for media to respect their privacy at this time."

OK, two things:

First, there's no need to

brag about how laid-back and easygoing your breakup is. We get it, you're so cool.

And second: Adams and Moore — or at least their reps — get major points for correctly using "media" as the plural noun that it is.

To help you cope with this news, think back to when they first started dating and how much that seemed to make absolutely no sense. Good times.

GOT's Sophie Turner
plays X-Men mutant

Director Bryan Singer has found some fresh blood to embody younger versions of mutants Jean Grey, Storm and Cyclops for the upcoming X-Men: Age of Apocalypse, and one of them is Game of Thrones star Sophie Turner.

Turner, who plays snooty Sansa Stark on the hit series, will take on the role originated by Famke Janssen in the original film.

Also joining the cast are Tye Sheridan as Cyclops and singer Alexandra Shipp as Storm.



Sophie Turner

DVD review



Fury

Director. David Ayer

Stars. Brad Pitt, Shia LaBeouf, Logan Lerman

Battlefield reality and macho myth collide in David Ayer's Second World War tank drama, which resembles history but unloads like a comic book.

Seeming as if he's picking up where he left off from Quentin Tarantino's Inglourious Basterds, Brad Pitt once again plays a drawling Nazi slayer who has no qualms about spilling Aryan blood.

He's in considerably tighter quarters as tank commander Sgt. Don "Wardaddy" Collier, who is every bit as scarred as the Sherman machine he rolls across German terrain. He's accompanied by the usual stereotypes: lead gunner Boyd "Bible" Swan (Shia LaBeouf), who praises the Lord but also pulls the trigger; Latino driver Trini "Gordo" Garcia (Michael Peña), who can turn Fury on a dime; mechanic Grady "Coon-Ass" Travis (The Walking Dead's Jon Bernthal), who might be in a psycho ward if not for the Second World War; and new guy Norman Ellison (Logan Lerman), a typist and pacifist.

It's April, 1945, and the war is rapidly winding down, but the losing Germans aren't willing to go down quietly. In fact, they're going down angrily and violently, especially on their homeland soil.

Attention to details give Fury heft and value, as does solid acting, but Ayer seems to lose his resolve in two scenes that are straight out of a Sgt. Fury Marvel Comics episode, or maybe a Hollywood script rewrite.

Extras include 50 minutes of deleted scenes and making-of featurettes.

PETER HOWELL



Look who's laughing now

Actress Uzo Aduba, winner of outstanding performance by a female actor in a comedy series and outstanding performance by an ensemble in a comedy series for Orange Is the New Black, shows off her trophies at the Screen Actors Guild Awards on Sunday in Los Angeles. Metro's Ned Ehrbar was also roaming the red carpet; visit metronews.ca for his coverage of the awards.

ETHAN MILLER/GETTY IMAGES



A new game tackles existentialist questions, Funny or Die delivers the weather with wise cracks and an American Sniper gives us access to Navy Seal life

Video game

Name. The Swapper

For. PS3/PS4/Wii U/PC

Rated. Everyone 10+

When you carry a back-up supply of cloned bodies, throwing yourself into harm's way only to swap out before you die becomes a clever way to bypass chasms, security beams, and other hazardous surprises. Amid a haunting atmosphere of space isolation, the crumpled bodies do take their toll, but it's the extraordinary discussion hidden within of the unusual conflict that can arise between the will to survive and the will to live that makes this puzzler worth talking about.

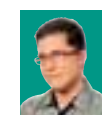
App



Funny Or Die Weather

iPhone/iPad Free

Into each life, some mocking quips and crass jokes must fall. This forecast app packages useful weather feeds with daily rude jokes from the Funny or Die web comedy team.



MIND THE APP
Kris Abel
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scene@metronews.ca

Ebooks



American Sniper Enhanced Edition

By. Chris Kyle

Kindle/iBooks

Conversational video interviews and pop-up gun profiles only add to this book's extraordinary access to Navy Seal techniques, yet it's Kyle's friendly storytelling that stands out.

U.S. Netflix isn't as great as it seems

Analysis. We've all heard griping that programming selection south of the border is best, but quantity doesn't necessarily mean quality

Feeling left out and ignored by Netflix Canada?

Cheer up. It may not be as bad as it seems.

Previously unpublished data provided to the Toronto Star confirms the widely held suspicion that there is far more variety for Netflix viewers in the U.S. than in Canada.

Canadian Netflix subscribers can only view half of the movie and television titles available to Americans on the online streaming service.

But the data, which Netflix refuses to officially release, also suggests the Canadian list includes more hits and fewer stinkers.

The data was provided to the Star by Netflixable, a website offering a country-by-country periscope into 20 regions covered by the worldwide streaming service.

It shows that Canadian viewers can watch some hits



Netflix U.S. may boast more offerings, but are you really missing out if those offerings include Poultrygeist: Night of the Chicken Dead? ISTOCK

that aren't available south of the border, including Blue Jasmine (2013), X-Men: First Class (2011), The Dark Knight Rises (2012), Black Swan (2010) and Batman: The Dark Knight Returns: Part 1 (2012).

"The Netflix U.S. and Netflix Canada services are treated differently by the company," said Michael Geist, a Star columnist and research chair in Internet and E-commerce Law at the University of Ottawa.

"The Netflix U.S. is focused on adding more choice with curation on subscriber interest

coming later (i.e. make content available and determine whether to continue to offer based on interest)," Geist said in an email.

Some of the American titles that aren't available here include non-Oscar winners Poultrygeist: Night of the Chicken Dead (2006) and Vibrator (2003).

"The Canadian service — much like the other international services — is more curated from the start with the company trying to identify content of interest to the local market before it appears on the

service," Geist said.

"A lot of people who have never done this make the assumption that the United States Netflix is the best," Josh Loewen, founder, owner and CEO of Netflixable, said in an interview.

"Their number might be the highest, but the quality of the titles (matters). There is no best," Loewen said. "Canada's got some great stuff that's exclusive to us."

Geist said there's another theory for the leaner Canadian playlist.

Data rundown

The data provided to the Star is up to date as of Jan. 15, 2015. A computer program built by Netflixable CEO Josh Loewen automatically checks on a daily basis public websites to record the titles available in each of the 20 regions. The data shows that American viewers had a choice of 7,202 titles, the most in the world, followed by Canada in second place at 3,663.

"The cynical view is that Netflix doesn't need to create a larger library for Canada since many Canadians know how to access the U.S. service," Geist said. "That means Netflix pays for U.S. rights, but knows that others may find ways to access the content (and will subscribe on that basis)."

For its part, Netflix spokesperson Kiel Hume said the company does not release such data. "It's not a static service," Hume said in an interview.

"It's always changing. It's dynamic. There's always titles coming on, titles going off. That's just one of the reasons that they don't share lists of content that's available."

TORSTAR NEWS SERVICE

Why it's time to stash some cash

Planning. Build up an emergency fund so that when the worst does happen, you'll have some options



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

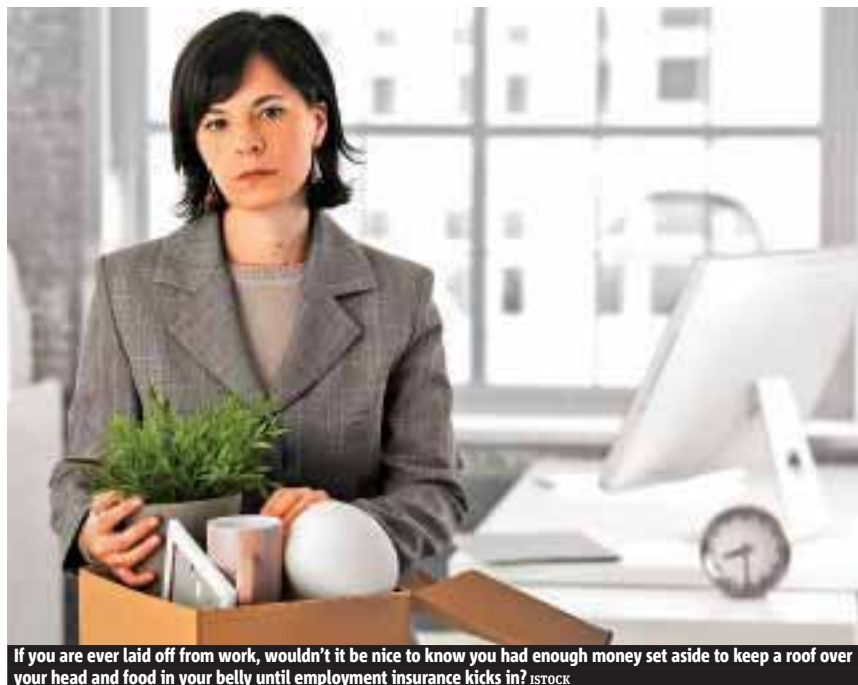
Have you ever thought about what you'd do if you lost your job or got sick and the paycheques just stopped coming in? How would you pay your rent or your mortgage? Where would you get the money for food?

How about all those other expenses that gobble up your paycheck now? Sure, if you're terminated from work, there might be some Employment Insurance, but EI takes time to kick in, and it isn't very much. So what would you do to make ends meet?

The term the financial industry likes to use to describe that pile of money you stash away just in case is "emergency fund." But I like to call it my FU Account. That's because having money in the bank gives me the option of saying FU if I'm asked to compromise my standards. It also means that if a tree falls on my house I can say, "FU tree!" Man, I love my FU Account.

People who don't see the point in having an emergency fund are either shortsighted, or completely unwilling to stop spending all their money. They are so averse to taking a little bit of what they are blowing on crap and setting it aside that they're willing to brave the terrors of an emergency — and it's only a matter of time — without any kind of safety net.

Whenever I talk about an



If you are ever laid off from work, wouldn't it be nice to know you had enough money set aside to keep a roof over your head and food in your belly until employment insurance kicks in? ISTOCK

emergency fund, inevitably I get a barrage of excuses about saving the money. My favourites come from the people who just don't want to stop doing what they're doing.

From the small expenses such as a cellphone, buying bottled beverages or dropping the odd \$20 on new makeup, to the people who spend gobs decorating and re-decorating their homes, eating lunch and dinner out, or taking vacations, people are unwilling to stop spending every red cent they make.

Do you have a gadget habit? Can't resist a new pair of shoes? Do you pick up a new magazine every time you're at the checkout? Believe it or not, you don't have to get a manicure. If you think a manicure is a need, you're delusional. And if you already own 10 pairs of shoes, the

next pair is sheer indulgence. So is that bottle of nail polish, the new DVD, or the beer after work. They're all distractions from savings.

You don't have to start by saving a whack of money. This week, open up a high interest savings account and then arrange an automatic transfer to that account every month. Start with \$30 — a dollar a day. That's not so much to not spend, now is it?

To build your FU account, look for ways to find more money. You know those coupons you use to save at the grocery store? Ship that money over to your FU Account. And that outfit you bought on sale last week? Send the difference to your FU Account. If you have money for cookies and pedis, you have money to build an emergency fund so that if the

worst does happen, you've got some options.

How good would it feel to not have to panic when the car breaks down and you need to come up with an unpredictable \$2,400? How much better would you feel if your baby, your mom or your partner gets sick and you knew you could take time off work, without pay, to see to their needs?

How much smarter would you feel if you got laid off from work and had enough money set aside to keep a roof over your head and food in your belly until EI kicks in — it's a pathetic amount, really — or you could get another job?

That'll likely take about six months (that's what the studies show, kids) so that's why you'll need to have enough to cover six months' worth of essential expenses. Make your

Make it cash, not credit

- An emergency fund is cash you've accumulated so that you can have the money you need to keep things in balance when the crap hits the fan. Don't buy the BS that a line of credit is an emergency fund. That's just some lender trying to get rich off you.
- Some people have a problem with the concept of the money in their emergency fund just sitting there earning a pittance in interest, waiting to be called into active duty when the worst happens. Once they've built up a couple of thousand dollars, the vacation becomes a "sanity emergency," or they run up their credit cards and that becomes a "debt emergency."
- But anything you can predict having to spend money on is not an emergency — it should be a line item on your budget and become a planned spending category.

savings automatic. If you decide to save \$100 a month, have that amount auto-debited from your main banking account to your high interest savings account every month. You'll get used to living without that money in no time flat. And when the paycheques unexpectedly stop coming in, you'll be damn glad you have some money stashed away.

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Three female entrepreneurs to watch

Career. Female entrepreneurs are steadily making up a bigger piece of the pie

MARIANNE HAYES

Metro in New York City

2014 was a record year for women entrepreneurs. Over 9.1 million female-operated U.S. businesses were in motion last year, which represents a 68 per cent increase since 1997, according to a Fox Business report.

Say hello to three female entrepreneurs who are using innovative ideas to turn heads in the business world.

The foodie: Lauren Abda

It was through a series of internships, fellowships, and work experience that Lauren Abda came to be a rising voice in Boston's food scene.

With a passion for both food and tech, she noticed that no one was uniting these two sectors. Abda jumped on the opportunity to fill the void in 2013 with the launch of Branchfood.

The company serves as a meet-up group for food and tech entrepreneurs.

At its core, the company is really all about uniting thought leaders in the field and providing resources to



Lauren Abda PROVIDED

help move their businesses further.

"Over time, it evolved into an organization that

showcased food innovation in the city through panel presentations, networking gatherings and speaking engagements, and also inspired others to get into the space," says Abda.

Abda is also the managing director of The Food Loft, a co-working space for food and tech startups in Boston.

For others toying with the idea of pursuing oppor-



Rebecca Rescate PROVIDED

tunities in the industry, she says there has never been a better time to do so.

"There are huge opportunities in the food space for innovation and creativity," says Abda.

Abda was recently recognized as one of Zagat's top 30 under 30 in Boston's food scene.

The product developer: Rebecca Rescate

Serial entrepreneur Rebecca Rescate has been creating problem-solving products for the past decade. A two-time Shark Tank alum, she was pulled into product development back in 2005 after struggling to find ways to toilet train her cat. For Rescate, thinking like a consumer is what jump-started her success.

"I just saw an opportunity because this was the first time as a consumer that I wanted to go out and buy a product, and what I wanted couldn't be purchased," says Rescate, who launched



Caren Maio PROVIDED

a cat toilet training product called CitiKitty.

She pitched the idea on Shark Tank in 2011, which led to a \$100,000 investment in the business.

Since then, she's gone on to create other problem-solving products including the HoodiePillow and 3Purpose.com.

But according to Rescate, it takes more than a good idea to be a successful entrepreneur.

"A good idea is essential, and it needs to be well thought out, but that is not what makes a business," says Rescate, who works just outside of Philadelphia.

"It's really being willing to push on your idea every single day, declare goals, and then actually execute on it so that you can take it to the finish line."

The problem solver: Caren Maio

Real estate maven Caren Maio is the founder and CEO of Nestio, a popular database for NYC brokers and landlords that features residential property listings.

But the business didn't start out that way. Maio

and her team had originally launched an app with the consumer in mind.

It was essentially like a TripIt for real estate that allowed you to streamline and view multiple property listings from various sites. There was just one snag.

"Users kept telling us the same thing," says Maio. "Why are listings on all these other third-party sites either inaccurate or stale?" It turns out that flawed, antiquated systems were behind the problem.

Maio decided to pivot the company and focus intensely on back-end software for landlords and brokers.

The decision paid off. As of July, Nestio accounted for 30 per cent of all NYC landlords.

Women like Maio are steadily carving out a presence in the tech industry. "I'm seeing a real sense of camaraderie and much less competition between women in tech," says Maio, who advises new entrepreneurs to seek out mentors who can help guide them in a positive way.

"In the tech industry as a whole, people are immensely supportive of one another."

Quoted

"I just saw an opportunity because this was the first time as a consumer that I wanted to go out and buy a product, and what I wanted couldn't be purchased."

Rebecca Rescate
Creator of CitiKitty



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If you feel your health is being compromised by your work schedule, it may be time to address it with your manager. ISTOCK

Workplace blues can lead to booze: Study

Career. Research shows longer work hours can increase the risk of alcohol abuse

Quoted

"This meta-analysis supports the long-standing suspicion that among workers subjected to long working hours, alcohol can seem like a fast acting and effective way to dull work-related aches and pains and smooth the transition between work life and home life."

Cassandra Okechukwu
The Harvard School of Public Health

It's true: working too hard can drive you to drink, say researchers who warn of the health risks of such dual excess.

An overview of studies covering more than 400,000 people showed that individuals who exceed 48 working hours per week are likelier to consume "risky" quantities of alcohol.

The paper, published in The BMJ journal, reported that long working hours boosted the likelihood of higher alcohol intake by 11 per cent overall.

People who worked 49-54 hours a week ran a 13-per cent higher risk of developing a "risky alcohol use" habit compared to counterparts who worked a 35-40-hour work week.

Those working 55 hours or more were 12 per cent more at risk.

"Risky" alcohol use was defined as more than 14 units per week for a woman and more than 21 for a man — levels that have been linked to a higher risk for liver and heart disease, cancer, stroke and mental disorders.

An alcohol unit is the equivalent of a third of a pint of medium-strength beer, half a 175-millilitre (six fluid ounces) glass of red wine with 12 per cent alcohol by volume, or a 25 ml-shot of whisky.

The findings add statistical backing to anecdotal evidence for a link between excessive work and alcohol abuse, the authors said.

More than a dozen developed economies were covered by the research, including Canada, Britain, Denmark, Finland, France, Germany, Japan, New Zealand, Spain, Sweden, Taiwan and the United States.

"This meta-analysis supports the long-standing suspicion that among workers subjected to long working hours, alcohol can seem like a fast acting and effective way to dull work-related aches and pains and smooth the transition between work life and home life," Cassandra Okechukwu of

the Harvard School of Public Health wrote in an editorial.

Long working hours have previously been linked to cardiovascular disease, depression and anxiety.

The increased risk of developing a "risky" drinking habit from over-work was small in absolute terms, Okechukwu said.

Also, having a job was associated with a lower prevalence of alcohol consumption and a higher chance of recovery from alcohol misuse than being unemployed.

Even so, the risk should be taken seriously.

"Any exposure associated with avoidable increases in disease or health damaging behaviour, or both, warrants careful examination," said Okechukwu.

"Indeed, these findings could add impetus to further regulation of working hours as a public health intervention."

AFF

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I've been ogling my office crush online



OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear Metro,
I was recently browsing OKCupid and came across a very cute guy who works at my company. I've always admired him from afar, but we've only met in passing since he works in another department on another floor. I badly want to send him a message, but I'm scared it might seem inappropriate if he's not interested. How can I make a move without making things weird at work?
— Long-Distance Lurker

Dear LDL,
Online dating is an efficient way to cozy up to a faraway crush — or an efficient route to uncomfortable run-ins with an unrequited crush. When pursuing colleagues on OKC, creep carefully.

The taboos associated with online dating may be as passé as the three-day rule, but some online lovers still



Love might be in the air, but should you bring it down to earth with the click of your mouse? ISTOCK

prefer anonymity. Learning that a real life acquaintance has peeped his profile — especially someone who knows him professionally — might irk your prospect-

ive date. You can't pretend you've never met, but you can keep things on the down-low if he prefers to remain incognito.

Before hitting send on

the kissy-face emoji, attempt an in-person suss-out.

Take a break from stalking him on the internet and (subtly) stalk him in person: the elevator, the break

room, wherever you can strike up real-life chitchat.

If he seems responsive in the flesh, he'll probably dig a virtual flirt.

This will only be as inappropriate as you make it. There's no way to guarantee romance, but if your approach is relaxed and upfront, you'll at least earn a new workplace pal.

Dear Metro,
I'm the manager of a team of five. While everyone on my staff is competent, one employee totally outshines the others. I don't want to play favourites, but it would be great if the rest of my subordinates could perform at the level of my star. How can I make her an example without making everyone else resentful?

— Teacher with a Pet

Dear TWAP,
There's a reason we say "playing" favourites. In the game of preferentialism, your standout staffer wins praise — while the rest feel

like under-loved losers. In this case, however, it's you who might meet defeat.

Although singling out your star may seem like a team-boosting move, no one appreciates negative comparisons to their colleagues. Openly privileging one worker is more likely to kill motivation than awaken extra effort.

Instead of focusing on how Tim's performance stacks up against Julia's, focus on how each individual is improving their own work.

You can still praise your Number One, but her successes shouldn't represent the failures of others.

Pick pets at your own risk: choosing favourites won't just alienate your team from each other — it will alienate them from you.

Want to be your staff's favourite boss? Don't play favourites with your staff.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

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Serve Middle Eastern kabobs your way

Lunch. These Beef Kaftas with Tahini Sauce can be presented with bread options or on their own



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FLASH FOOD

From your fridge
to your table in
30 minutes or less



A Kafta is a Middle Eastern dish resembling the American burger, but with a different shape and flavour.

Traditionally it is made with lamb or beef, but you can also use ground chicken to lessen the calories and fat.

The use of mint and cilantro along with a dash of cinnamon give this ethnic dish its originality.

You can put the Kafta on skewers or just roll the meat into oval shapes and grill or bake it. You can also barbecue the meat rather than baking it.

This combination of flavours goes well with a homemade tahini sauce and diced vegetables. I love

Ingredients

Kaftas

- 1 1/2 lb lean ground beef, lamb or chicken
- 1/2 cup minced onion
- 1 1/2 tsp minced garlic
- 1/2 tsp ground cinnamon
- 2 eggs
- 1/2 cup unseasoned bread crumbs
- 3 tbsp chopped mint
- 1/4 cup chopped cilantro
- Salt and pepper

Tahini Sauce

- 2 tbsp reduced fat mayo
- 2 tbsp reduced fat sour cream
- 2 tsp sesame oil
- 2 tsp soy sauce
- 1 tsp tahini paste

Garnish

- 1/2 cup diced tomatoes
- 1/2 cup diced cucumber
- Naan bread, soft roll

to serve Kaftas with naan bread or a soft bun.

Directions
1. Preheat oven to 400 F. Combine all ingredients for Kaftas until well mixed. Form into 8 oval shapes and put a 6-inch wooded skewer through the middle (length-wise) or omit the skewers if desired. On a hot grill pan, sear the outsides of the kaftas then place on a baking sheet and bake for 10 minutes or just until temper-

Nutritional information	
Per serving	
• Calories. 377	• Total fat. 18 g
• Carbohydrates. 11 g	• Saturated fat. 6 g
• Fibre. 1 g	• Cholesterol. 189 mg
• Protein. 39 g	• Sodium. 384 mg



This recipe serves four. ROSE REISMAN

ature reaches 160 F.
2. Meanwhile, make the tahini sauce by mixing the mayo, sour cream, sesame oil, soy sauce and tahini.
3. Serve Beef Kaftas with the tahini sauce and diced vegetables. If you're using the naan bread or soft rolls, serve the Kaftas over the top and drizzle with tahini.



This Cucumber Salad recipe serves four. ROSE REISMAN

A salad that defines simplicity

A long English cucumber when sliced lengthwise into ribbons makes a decorative salad or garnish.
This is a simple salad garnished with black olives and tomatoes and served with a Tzatziki sauce — easy and oh so tasty!
1. With a vegetable peeler, slice cucumber length wise leaving the skin on, until you get approximately 10 long cucumber ribbons. Decoratively place on a platter.
2. Divide olives and tomatoes overtop.
3. Combine ingredients for tzatziki sauce. If too thick, add a little water. Drizzle over top of salad.

Ingredients

• 1 long English cucumber (skin on)

• 3 tbsp sliced black olives

• 6 cherry tomatoes, sliced in half

• 1/4 cup tzatziki (homemade or store bought)

Tzatziki

- 1/3 cup plain low-fat yogurt or Greek yogurt
- 1 tsp fresh chopped dill
- 1 tsp lemon juice
- 1/2 tsp minced garlic
- salt and pepper

X Games

Regina's McMorris wins another gold

Canadian Olympic bronze medallist Mark McMorris won the gold medal in the men's slopestyle snowboard event Sunday at the Winter X Games.

The Regina native landed a second run of 96 points to claim his second gold of the 2015 X Games. He also won the big air snowboard title earlier in the week.

McMorris now has 10 X Games medals, five gold.

"What I did on the top section made the difference," said McMorris, 21, who also won two gold at the 2012 X Games. "I'm extremely happy. This is so cool." **THE CANADIAN PRESS**

NBA

LeBron brings A game vs. OKC

The sold-out arena buzzed with 20,000 fans decked out in matching gold T-shirts. There was a national TV audience, two high-profile teams and all-stars all over the floor.

It felt like the playoffs in January. LeBron James played as if it was June.

James scored 34 points, including the first eight in the fourth quarter, and the Cleveland Cavaliers beat the Oklahoma City Thunder 108-98 on Sunday for their sixth straight win.

James made a pair of three-pointers and a nasty fade-away jumper to give the Cavs a 91-80 lead. Later, the four-time MVP fed Kevin Love for a three-pointer with 3:38 left that put the Thunder away. **THE ASSOCIATED PRESS**



The Nashville Predators' Filip Forsberg, left, and Jakub Voracek, of the Philadelphia Flyers, celebrate in the final moments of Team Toews' 17-12 win over Team Foligno in the all-star game on Sunday in Columbus. Voracek tied Mario Lemieux's 1988 record with six points. **KIRK IRWIN/GETTY IMAGES**

Columbus hosts goal display like no other

NHL. Team Toews and Team Foligno combine for record number of tallies in all-star game

The cannon at Nationwide Arena got a workout as the 2015 NHL all-star game broke the record for goals in the event with 29.

By the time players finished scoring a record 29 goals at the NHL all-star game, they agreed that there was one loud, ear-

All-star game

17

Team Toews

12

Team Foligno

piercing negative: the cannon at Nationwide Arena.

"I hate the cannon," Philadelphia Flyers captain Claude Giroux said.

Florida Panthers goaltender

Roberto Luongo added that the cannon wasn't his favourite part of the weekend either.

Team Toews beat Team Foligno 17-12 in the mid-season exhibition featuring many of hockey's top stars playing shinny with no hitting, no defence and no mercy for goaltenders.

"That's all we're really doing out there is having fun and kind of trying to show our skill at the same time," Chicago Blackhawks winger Patrick Kane said. "Kind of feels like summer hockey a little bit where there's a lot of breakaways, a lot of odd-

man rushes."

All but three players registered at least a point.

Jakub Voracek of the Philadelphia Flyers had six points on a hat trick and three assists, tying Mario Lemieux's 1988 record.

"I think it's a little different, Voracek and Lemieux, right?" said Voracek, the former Blue Jackets winger who also leads the NHL in scoring at the all-star break. "Three secondary assists. I'll take it, but I wouldn't make a big deal out of it."

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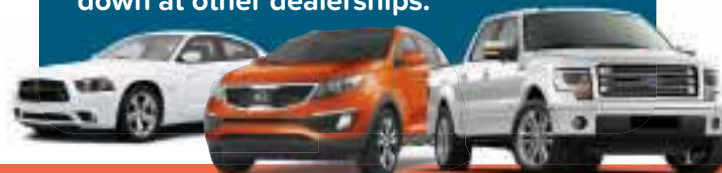
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4 SPORTS

PGA

Haas hangs on to win his second Humana Challenge

Bill Haas pulled ahead with a 20-foot birdie putt on the par-4 16th and parred the final two holes for a one-stroke victory Sunday in the Humana Challenge.

He won the 2010 event for his first PGA Tour victory. **THE ASSOCIATED PRESS**



Bill Haas won his sixth tour title on Sunday. JEFF GROSS/GETTY IMAGES

NBA

Valanciunas' double-double leads Raptors to win

Jonas Valanciunas had 20 points and 11 rebounds as the Toronto Raptors held off a late charge by the Detroit Pistons for a 114-110 victory on Sunday.

It was Valanciunas's team-best 14th double-double of the season

DeMar DeRozan had 25 points and six rebounds with four assists for Toronto (29-15), which has now won back-to-back games. All-star point guard Kyle Lowry had 11 points and eight assists for the Raptors.

Lowry addressed the sold-out crowd from half-court before the game, thanking them for their support in voting him a starter in the NBA All-Star game. **THE CANADIAN PRESS**

FA Cup

Arsenal restores order as other top teams eliminated

Chelsea and Man City were among five teams in the Premier League's top nine to be ousted from the FA Cup on Saturday. The underdogs couldn't continue the shocks a day later, though.

Arsenal beat second-tier Brighton 3-2 Sunday after

being set on its way by early goals from Theo Walcott and Mesut Ozil. Tomas Rosicky was the other scorer for Arsenal, which is looking to retain the trophy and — as the fifth-place team in the top flight — is the highest-ranked side guaranteed a spot in the last 16.

Senegal striker Diafra Sakho came off the bench and scored an 81st-minute header to earn West Ham a 1-0 victory at Bristol City.

THE ASSOCIATED PRESS

Browner gets a second chance at Super Bowl with Patriots

NFL playoffs. Former Seahawk won ring while serving suspension

Brandon Browner received a Super Bowl ring last year even though he was watching from home 3,000 miles from the Seattle Seahawks when they won the title.

Now the hard-hitting cornerback has a shot at more diamonds and another title, going face-to-face with receivers when the New England Patriots play his former team Sunday.

It's a matchup Browner craved after missing last season's Super Bowl while under suspension for violating the NFL's substance abuse policy and then signing with the Patriots in March.

"It's crazy, man," Browner said. "I really had that vision when I signed here. Hopefully, we'd meet up with my old boys and it happened to work out that way."

While Seattle was pound-

Quoted

"I'm fortunate to be back in this thing the following year with a good football team, and with a bond that I've built with these guys like the one I built with the guys over there."

Patriots cornerback Brandon Browner, a former member of the Seahawks

ing Denver 43-8 in New Jersey to win the championship, Browner watched from his Los Angeles-area home, frustrated he couldn't be on the field.

His indefinite suspension cost him the last two regular-season games plus three post-season games. In March, the indefinite exile was revised to four more games. Ten days later, he signed with the Patriots. After serving the suspension, he was inactive for two games then took over at cornerback op-

posite Darrelle Revis.

"He deserves a lot of credit to sit out four games and then come back and fall back right in stride," Patriots safety Devin McCourty said. "He hasn't missed a beat since he's been back."

At six-foot-four and 221 pounds, Browner has a physical style that can intimidate opponents but also hurt the Patriots. He committed 13 penalties while playing in nine regular-season games. But he hasn't backed off.

Now he has added incentive, a chance at a second straight NFL title against a team he has no ill feelings for.

"I was blessed and fortunate," said Browner, who served another four-game suspension in 2012 for violating the NFL's substance abuse policy. "I was suspended over there and I was still able to get a ring. That was a decision by the coach and the owner to give me that. They didn't have to."

THE ASSOCIATED PRESS



Brandon Browner, pictured, has taken over cornerback opposite Darrelle Revis to solidify the Patriots strong secondary that also includes safety Patrick Chung. GETTY IMAGES FILE

Seattle's Quinn the most talked-about head coach prospect



Seahawks defensive co-ordinator Dan Quinn has the ability to make his players feel valuable, says fellow coach Kris Richard. GETTY IMAGES FILE

Almost every day during training camp and often during the season, Dan Quinn would put on large padded gloves and essentially go through a sparring session with the Seattle Seahawks defensive linemen as they warmed up for practice working on pass-rushing techniques.

Once Quinn got into the position of being a defensive coordinator — after years of working as a position coach — he was not going to become someone who watched and coached from afar.

Quoted

"Guys go out there and play for him. He's a players' coach."

Seahawks linebacker Bruce Irvin on defensive coordinator Dan Quinn

"This is a people business. We love the Xs and Os but the Jimmys and the Joes are what make this thing go," Seattle defensive backs coach Kris Richard said. "His ability to capture people and

make them feel exactly what they are. You have worth. You have value. So he values you, which is awesome."

Quinn's name has been the most talked about in coaching circles since the end of the regular season because of the job he's done as Seattle's defensive co-ordinator the past two seasons. All signs point to Quinn becoming the next head coach in Atlanta after having a second interview with the Falcons the day after the NFC championship victory over Green Bay.

When asked about the second interview with the Falcons this week, Quinn said he appreciated all the opportunities he's had and then channelled his own version of Marshawn Lynch.

"Thanks for asking," he said with a grin.

But before anything can be formalized in Atlanta, Quinn's task at hand is preparing Seattle to try and slow down Tom Brady and New England in the Super Bowl next Sunday.

THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

A problem can quite easily be resolved, by ignoring it. This is a situation where something is an issue only because you choose to think of it as an issue.

♉ Taurus

April 21 - May 21

Be careful what you say today because if you leave any doubt about your meaning someone could take your words the wrong way and cause a scene.

♊ Gemini

May 22 - June 21

Force yourself to look on the bright side today. According to the planets you have nothing to worry about but you may have to trick yourself into believing it.

♋ Cancer

June 22 - July 23

This is potentially an excellent time for you but you find that hard to believe. Why? Mercury is playing tricks on your mind. A few days from now something remarkable, and most welcome, is going to happen.

♌ Leo

July 24 - Aug. 23

Don't dwell on negative news as the week begins, especially if it involves someone you care for. The planets say you're taking the situation too seriously.

♍ Virgo

Aug. 24 - Sept. 23

This may be a confusing day as the signals you get from co-workers are jumbled. Your best course of action is to ignore their words and focus on body language. It will speak.

♎ Libra

Sept. 24 - Oct. 23

Your logic circuits don't seem to be functioning, most likely because mind planet Mercury is in one of its retrograde phases. If in doubt, listen to what your inner voice is trying to tell you.

♏ Scorpio

Oct. 24 - Nov. 22

The planets warn this is not a good time to take chances as cosmic activity in one of the more sensitive areas of your chart is clouding your ability to separate fact from fiction.

♐ Sagittarius

Nov. 23 - Dec. 21

You may find it hard to tell the good guys from the bad guys today, so be on your guard and take nothing for granted. You could also read too much into perfectly normal situations, so don't jump to conclusions.

♑ Capricorn

Dec. 22 - Jan. 20

If something about your cash flow situation is bothering you chances are it is mainly, if not entirely, in your mind. So don't think, just act instinctively.

♒ Aquarius

Jan. 21 - Feb. 19

Don't get carried away by your own enthusiasms. You will get your chance to shine but pushing too hard could be counter-productive.

♓ Pisces

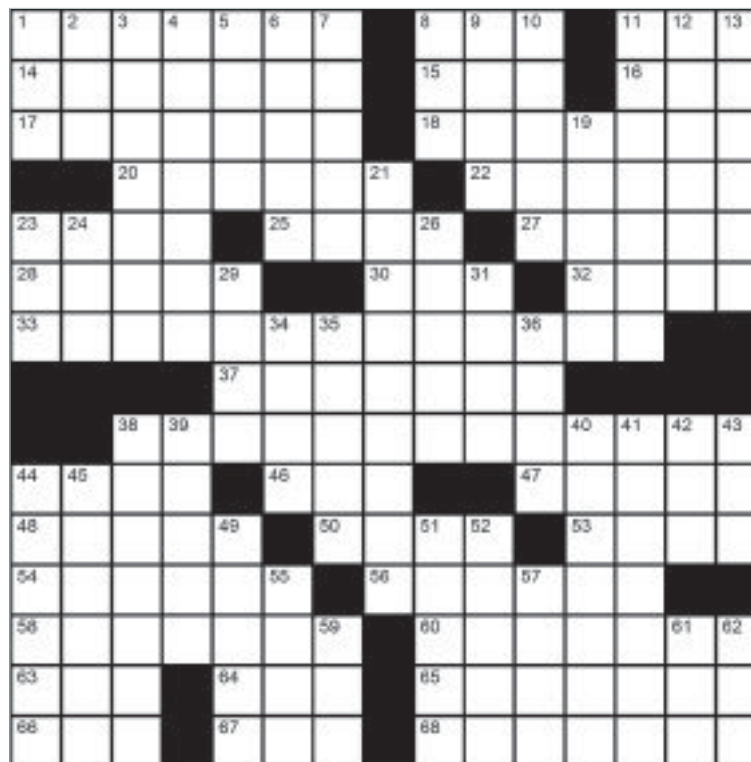
Feb. 20 - March 20

You will have to deal with someone's negative emotions today, without getting negative or emotional yourself. Smile.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. CBC's new comedy starring Eugene Levy and Catherine O'Hara, "___ Creek"
8. Director Mr. Lee
11. British mother, colloquially
14. There's no one like 'her' in The Turtles tune
15. Caviar
16. Lab eggs
17. Carnivorous dish: 2 wds.
18. Palais des ___ (Montreal convention centre)
20. Circle of latitude north of the Equator, ___ of Cancer
22. Primps
23. Okinawa seaport
25. The Hollies song, when tripled
27. Result
28. Tony-winning actress Judith, and surnamesakes
30. '___' in Queensville
32. Conform to commands
33. Engineering marvel connecting Cape Breton to mainland Nova Scotia: 2 wds.
37. "Beauty and the Beast" (1991) candelabra character
38. "The ___": Rush song that goes "Begin the day with a friendly voice..."
44. Really cry



46. L's spelling
47. Era
48. Also known as...
50. Price listing word
53. Romantic's creation
54. Fractured finger fixer
56. Howie ___, Canadian hockey analyst

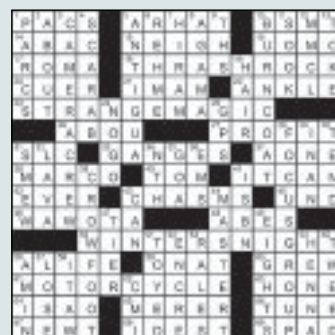
58. 1960s series, "Dr. ___"
60. She gave Theseus thread to escape the Minotaur's labyrinth
63. 'Serpent' suffix
64. ___-de-sac
65. Time in a recording studio
66. Mr. Beatty

67. Essential
 68. Reverences
- Down**
1. School yr. part
 2. NBA Cavs, on a scoreboard
 3. Infidel
 4. New-assignments-holders on desks
 5. Classic TV mouse, ___ Gigio

6. Vacations
7. Don't give up, ___ through
8. Curve
9. Cute-sounding denial
10. Sort or style
11. BC: One of the two big Haida Gwaii

- islands
12. Street sort
13. Toronto-born actor Raymond who starred on #58-Across
19. Birthplace of Columbus
21. City in BC
23. Ms. Kidman, to pals
24. Ms. Gardner
26. Promenade
29. Prefix meaning 'Sun'
31. Feudal worker
34. Medical break-through
35. "...inch and he'll take ___"
36. "The Way We ___" (1973)
38. Guzzled
39. Tartan
40. Placate
41. Options-in-a-desperate-situation
42. Wintertime surface
43. Electrical resistance unit
44. ___ Robbins ice cream chain
45. ___ skiing
49. Coffee break treat
51. Quit
52. "___ hoping!" (Dreamer's exclamation)
55. Genuine
57. 'Sun' suffix (Big name in oranges)
59. English cathedral town
61. ___ de plume
62. Nav. rank

Friday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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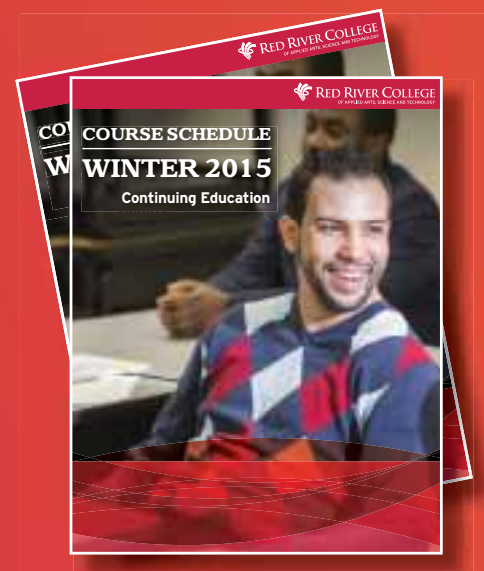
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